

Keep this card in your wallet or purse for quick reference

The key to being prepared for any emergency is to **PLAN AHEAD**

- Prepare a Disaster Supply Kit that includes water, non-perishable food, and batteries for three days. Go to www.mema.state.md.us for a complete list.
- Talk to your family about different emergencies and health issues that could occur. Think about where family members might be during the day and evening, and how to contact each other in an emergency.
- Create a family emergency plan using this information, keep it handy, and review it often. Use the chart on the right to get started, filling in information for each family member.

Personal Health and Emergency Information

Contact	Name/Phone Number
Local Public Health Department (www.dhmh.state.md.us/mma/lhd/)	
Personal Emergency Contacts (local)	
Personal Emergency Contacts (out of town)	
Hospitals near:	
• WORK	
• HOME	
• SCHOOL	
Family physicians	
Employer information	
School	

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications

Emergency Mass Immunizations or Medications for your Community

Your local health department may set up dispensing sites to give vaccines, antibiotics, or antidotes. Listen to news reports and follow the instructions from officials about who should go to the sites, when, and where sites are located.

If you are directed to a dispensing site, you will need to bring important information with you to help ensure you receive appropriate treatment. This information should be collected and stored, in advance, in one convenient place for all family members to take at a moment's notice.

Bring the following for EACH family member:

- Picture ID such as a driver's license, military or student ID, or company badge.
- Medical records including immunization history, current medications, and allergies.
- Age and weight of children.

If all items are not available, bring as much information as you can. You should be prepared to answer questions about your general medical history.

Resources:

Maryland Department of Health and Mental Hygiene • www.dhmh.state.md.us
Centers for Disease Control and Prevention
www.cdc.gov
Maryland Emergency Management Agency
www.mema.state.md.us



Robert L. Ehrlich, Jr.
Governor



Michael S. Steele
Lt. Governor

Maryland Department of Health and Mental Hygiene

S. Anthony McCann
Secretary, DHMH



A New Potential Public Health Emergency: Bioterrorism

Bioterrorism is a way of spreading bacteria, viruses or natural toxins (poisons) that can cause sickness or death to many people at once. Exposure to any one of these agents usually requires *prompt medical attention*.

The following chart includes examples of some of the illnesses that could be caused intentionally, and the immediate response.

It is important to remember that chemical, biological, and radiological agents are all very different from each other, and have very different symptoms and treatments.

For a more complete list of potential illnesses, symptoms and treatments, go to www.dhmm.state.md.us.



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Examples of Diseases and Exposures Potentially Associated with Terrorism

<i>Disease or Exposure</i>	<i>Description</i>	<i>Symptoms</i>	<i>First Actions</i>	<i>Medical Response</i>
Smallpox	A virus that is spread from person to person. Illness occurs within 7 to 17 days of exposure.	Sudden weakness, fever more than 100 degrees. Head-ache, back pain, vomiting. Rash on face, arms, or legs 2 to 4 days after first signs. Later rash on chest or stomach.	Contact your health care provider if you have symptoms. Isolate yourself from others unless told otherwise. Smallpox is spread person to person.	Isolation, supportive care for ill; vaccination within 4 days of exposure prevents infection or reduces severity. Close contacts may be vaccinated and asked to stay home.
Anthrax	An illness caused by bacteria, affecting the skin, intestines, or lungs. Symptoms occur within 1-12 days of exposure.	Skin: Itchy bump, then a blister, then painless sore with black center. Intestines: Fever, nausea, diarrhea, vomiting blood. Lungs: Severe breathing problems.	Contact your health care provider if you have been exposed or think you have been exposed. Anthrax is not passed from person to person.	Antibiotics.
Botulism	A rare and deadly illness that can cause muscle paralysis or death from breathing (respiratory) failure.	Blurred vision, slurred speech, a hard time swallowing, dry mouth, muscle weakness. Toxin enters through mouth, lungs, open wounds.	Contact your health care provider if you have symptoms. Botulism is not passed from person to person.	Early on, foodborne and wound botulism can be treated with an antitoxin drug. Supportive care required, and recovery is slow.
Plague	A disease caused by a germ found in the blood of rodents, such as rats and mice. Fleas usually carry the germ, and pass it on to other animals.	Swollen lymph glands, pain, chills, fever, head-ache, tiredness, severe breathing problems and cough. Symptoms within 2-6 days of infection.	Contact your health care provider if you have been exposed or think you have been exposed. Plague is passed from person to person.	Hospitalization and isolation are necessary, and the plague is treated with antibiotics.
Dirty Bomb	Explosive device which disperses low-level radioactive material. It does not cause a nuclear explosion.	Injuries may be caused by the explosion. Radiation sickness is unlikely, but contamination may result from radioactive material.	Leave area of explosion. Remove all clothing, place in a plastic bag, and seal. Take a shower immediately. Seek medical attention.	Treatment for blast injuries. Some may require decontamination due to radioactive material.
Sarin	Nerve agent. A colorless liquid that evaporates quickly into vapor.	Low levels of exposure: coughing, confusion, nausea, blurred vision. High levels: paralysis, convulsions, or death.	Leave area of exposure. Remove all clothing, place in a plastic bag, and seal. Take a shower immediately. Seek medical attention.	Antidote given by injection.